

FRAILTY CARE PATHWAY

STEP 1 - BE MINDFUL

- ALL PATIENTS ABOVE 65 YEARS OF AGE
- PATIENTS WITH
 - a) More than 3 multimorbidity
 - b) Geriatric syndromes – Immobility, Instability, Incontinence, Cognitive Impairment
 - c) Polypharmacy (>5 drugs)
 - d) Repeated hospitalization (>2 episodes within one month)

STEP 2 - SCREEN

- PRISMA7
- GAIT (WALKING) SPEED - <0.8 M/S
- TIMED UP AND GO TEST - >12 SECONDS

STEP 3 - DIAGNOSE

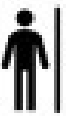
USE THE CLINICAL FRAILTY SCALE ALGORITHM

FRAILTY QUESTIONNAIRE


For each question, please select **all** of the options that apply to you.

Two weeks **BEFORE** your current illness...


Q1. Did you need help with any of the following personal care?




Using the toilet



Getting dressed



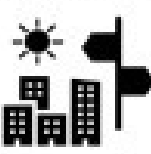
Bathing/Showering




Walking

**Stop here if you have selected any of the options above.*


Q2. Did you need help with any of the following activities?



Going outside




Handling Money




Taking Medications

**Stop here if you have selected any of the options above.*

Q3. Did you feel constantly tired throughout the day?




Yes




No

Q4. Did you feel that you were walking slower than usual?



Yes



No

CLINICAL FRAILTY SCALE

Quick guide to scoring the CFS after completion of questionnaire

QUESTIONS	CLINICAL FRAILTY SCALE
Q1	ALL 4 ticked → CFS 7-8 Severely Frail
	1-3 ticked → CFS 6 Moderately Frail
Q2	ANY ticked → CFS 5 Mildly Frail
Q3 Q4	YES for either → CFS 4 Pre-Frail
	NO → CFS 1-3 Robust

Rockwood K, Song X, MacKnight C, et al. A global clinical measure of fitness and frailty in elderly people. CMAJ. 2005;173(5):489-495. doi:10.1503/cmaj.050051.

STEP 4 - INTERVENE

Mild CFS Score 5	Moderate CFS Score 6	Severe CFS Score 7-9
<ul style="list-style-type: none"> • Chronic Medical conditions • Postural hypotension • Polypharmacy (STOPP/START) • Cognition • Sight and hearing • Care taker assessment • Loneliness, Depression • Sarcopaenia • Exercise • Health Promotion • Social prescribing (services available at public and private institutions) 	<ul style="list-style-type: none"> • <i>In addition to elements in Mild category</i> • Comprehensive geriatric assessment • Physical, functional, mental health, environmental • Agree on goal plans • Consider discussions on Anticipatory Care Planning • Rehabilitation 	<ul style="list-style-type: none"> • <i>In addition to elements in Mild & Moderate category</i> • Multimorbidity review • Equipment provision • Anticipatory care planning